

WOMEN ARE SACRED

Women are Sacred grows out of the stories and our teachings. When something is held as being sacred, it is to be respected, honored and held with the high regard of its power.

This means that when you are treated with respect, you are being given messages in words and in actions that show you that you are valued, loved and treated with care.

This is something that every human being should be able to expect from their intimate partner, husband or boyfriend.

A woman living a life without violence carries strength and beauty in her spirit and laughs and loves from deep within.



Are you treated with respect in your relationship?

Do you feel honored by your husband, boyfriend or partner?

MINNESOTA INDIGENOUS WOMEN'S SOCIETY PROVIDES

- ✓ Individual Support
- ✓ Legal Advocacy
- ✓ Criminal Justice Support
- ✓ Safety Planning
- ✓ Crisis Intervention
- ✓ Emergency Services
- ✓ Medical Advocacy
- ✓ Support Groups
- ✓ Help filling out Victim Compensation Forms
- ✓ Help filing Orders of Protection
- ✓ Help filing Harassment Restraining Orders
- ✓ Referrals
- ✓ Collection of Native books and Resources regarding Crimes in Indian Country
- ✓ All services are Free and Confidential

**NATIONAL DOMESTIC VIOLENCE
HOTLINE**

1-800-799-SAFE (7233)

1-800-787-3224



WOMEN ARE SACRED



**MINNESOTA INDIGENOUS
WOMEN'S SOCIETY**

507.627.HELP (4357)

**PROVIDING ADVOCACY FOR NATIVE VICTIMS
OF SEXUAL AND DOMESTIC ABUSE**

WHAT IS DOMESTIC VIOLENCE?

Generally, domestic violence is a pattern of behavior, including physical violence or sexual violence, by an intimate current or former partner. It is seen in male/female and same sex partner relationships.

Domestic violence takes many forms and includes a range of actions intended to control: isolation, intimidation, using children, emotional abuse, economic abuse, coercion and threats, minimizing, denying and blaming, cultural abuse, ritual abuse, male privilege and sexual abuse.

The most recognized form of domestic violence is physical violence, which may include hitting, punching, slapping, strangling or kicking.

An intimate partner is someone who you live with or have lived with. This can be a boyfriend, a husband, a girlfriend, or a wife.

The questions to the right can help you think about whether you are living with domestic violence.

If you believe you
are living with
domestic violence,
you can get help.

Call to talk with an
advocate to help you
think about options
available to you.



MINNESOTA INDIGENOUS WOMEN'S SOCIETY

*Servicing Redwood, Renville, Chippewa, and
Yellow Medicine Counties*

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ARE YOU LIVING WITH DOMESTIC VIOLENCE?

- ✘ Have you ever been hit, slapped, kicked or punched by your partner?
- ✘ Have you ever been choked or strangled by your partner?
- ✘ Is your partner asking you questions about whether you are faithful or is he expressing jealousy?
- ✘ Are you starting to feel like you are losing your relationships with your family or friends because of your partner's actions?
- ✘ Has your partner ever threatened to hurt you to get you to do something?
- ✘ Has your partner ever hurt your pets?
- ✘ Has your partner ever destroyed your property or things you care about?
- ✘ Has your partner ever tried to stop you from going to school, work or doing things you like to do?
- ✘ Has your partner ever forced you to have sex when you did not want to?
- ✘ Does your partner regularly insult you?
- ✘ Are you afraid of your partner or of going home? Does he/she make you feel unsafe?